

CONNECTION

August 2005

Defense Distribution Depot Susquehanna, PA

Volume 5, Number 10



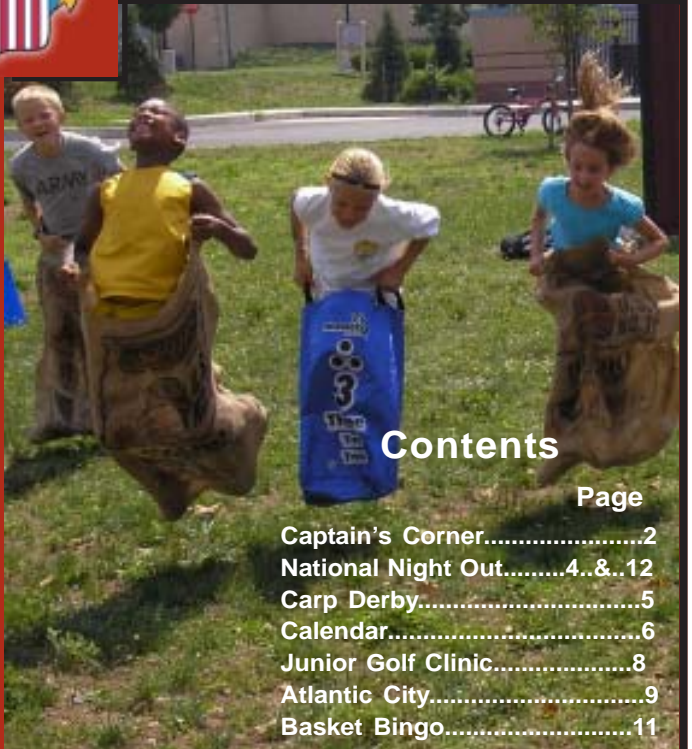
Youth participating in the Junior Golf Clinic practice driving skills. See page 8.

One young angler shows off his catch of the day!
See story on page 5.



One student golfer practices her stance.

Track and Field Day was a blast! Children are enjoying sack races along with many old favorites!
See story page 3.



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Captain's Corner

Welcome to the hot, sultry days of summer! High heat and humidity have been pretty pervasive over the last several weeks. Fortunately we have been getting some rain after many weeks of dry weather and lawns and grass are starting to “green” up

again. The downside of all this rain, heat and humidity is that the lawns are growing faster and need to be cut more often. One of the benefits of living in this gated, golf course community is that we even offer our housing tenants use of lawnmowers stored conveniently nearby. Unfortunately, over time, the mowers have been abused and most are beyond repairable condition. We will continue to offer lawn mowers for our base housing folks, but the mowers will have to be signed out at the housing office.

The afternoon ice cream socials have been fairly well attended and are needless to say, quite popular with the kids. That is a great effort by Rick Pedzwater and Kasandra White to get the neighborhoods out and create a little community spirit and fellowship. I was even on my way to attend the last social but the sudden rain storm “dampened” my enthusiasm for ice cream. I stay inside during thunder storms. Lightning will seek out the tallest object around and generally that tends to be me. August 9 is the next social.

Speaking of community social events, there are several events of note coming up. National Night Out is scheduled for August 2nd at 1700 and will feature a picnic, several demonstrations and a chili cook off. I am one of the judges and look forward to sampling examples of the fine culinary skills of the residents. I am sure that neither Pepto Bismol nor Mylanta will be required. On August 17 at 1730 is Back To School Night where the West Shore School District (including the parochial schools) principals will make a brief presentation regarding their facilities and solicit questions from those in

attendance. This is a great time to meet the principals of the schools that your children attend.

Several Saturdays ago an airplane crashed into the trailer park across Old York Road upon take off, killing three people in the plane and destroying three trailers. Miraculously, the pilot survived the crash and there were no fatalities on the ground. Our Police and Fire personnel were some of the first responders on the scene, providing security and fighting the fires. One of our new trucks equipped with specialized gear for extinguishing just this kind of blaze proved its value in this particular scenario. It is good to know that we have the right equipment on the base for just about any contingency. Of course, depending on how hot the Chili is for the National Night Out Chili Cook Off, a fire truck may be needed to douse the flames in my digestive system.

The road work in the housing area is proceeding on schedule and will continue through the summer. Again, I ask for your patience as we get through this construction period. The areas where the road work is completed look great and everyone will be happy when the construction is finally over.

The Child Care Center received an unannounced inspection of its facilities and programs from the DLA. The center receives many such inspections throughout the year. Although there were some minor findings, the inspectors were once again impressed with the quality of our teachers and of our facility and gave our Child Care Center high marks all around. Certainly we are blessed by having such a premier facility here on the base.

J. NABER
Captain, SC USN
Commander

The Connection is an authorized monthly publication intended for civilian and military personnel and housing residents of the Defense Distribution Depot Susquehanna, PA (DDSP) and collocated activities at the New Cumberland Installation. The contents are not necessarily the official view of, or endorsed by, the U.S. Government, Department of Defense, Defense Logistics Agency, Defense Distribution Center, DDSP, or any tenant commands.

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The Connection may also be viewed at our web site: <http://www.ddc.dla.mil/qol/>

It's a hit - Annual Youth Services Track & Field Day

The annual track and field day was originally scheduled for July 16, 2005. However, due to weather conditions it had to be rescheduled for the following week.

On July 23, 2005 at 10:00 a.m., 11 of the finest child athletes in the area gathered to compete in 14 grueling events. The day started in the field with a football toss measuring distance and a softball



Two youngsters have fun with the three legged race.

toss measuring accuracy. After that the games moved to the court where the basketball and soccer events were held. The games then moved back to the field for a water balloon toss which helped beat the heat. The athletes also competed in a series of races. We had the potato sack race, the 3-legged race, the



Pogo Sticks are harder than they look!

pogo stick race, and the wheelbarrow race. While most people would have fallen from exhaustion, our athletes persevered and managed to compete fiercely in the final 5 events. They looked like rabbits in the long and broad jump, they tossed the discus and javelin like gladiators, and they had excellent precision in the paintball bull's-eye. All morning our participants were decorated with face paint.

After the competition was complete, everyone sat down to a well deserved lunch provided by Subway. During this time every athlete was

presented with a gold medal, and a certificate commemorating their participation in the 2005 Track and Field Day provided by Olde Towne Business Association and the New Cumberland Federal Credit Union. A great time was had by all those involved. Everyone was a winner.

The children and staff greatly appreciate the strong support from Subway, New Cumberland Olde Towne Business Association and the New Cumberland Federal Credit Union for their *fantastic* support! Thanks also go to all the volunteers who timed races, measured distances and helped everyone have a great time!



Housing & Family Advocacy Sponsor Ice Cream Socials

By Richard Pedzwat, FAP Program Manager

After a hard day's work or play, it's nice to relax with neighbors over ice cream treats. For the past few years, Housing and Family Advocacy have been sponsoring ice cream socials in each of our installation neighborhoods during the warm weather months. These events give our military housing residents a chance to become better acquainted with their neighbors, find out more about installation events and services, and offer their suggestions on how we can improve the quality of military family life. Upcoming ice cream socials are scheduled for Cherry Lane (August 9), Village and Circle Drives (August 23), and Garden Avenue (September 8). An all-neighborhood social is scheduled for September 23 at the Building 400 play group. These events are free to all military families and take place from 4:30 to 6:00 p.m.

Happy 22nd Anniversary NNO! **DDSP Housing Will Celebrate National Night Out**

By Wendy Keesey, DDSP Marketing Specialist

We're having a western theme party with a purpose! Do wear your cowboy hat! The event celebrates safe neighborhoods and police-community partnerships. Housing residents, DDSP Police, and community groups will join forces on August 2nd to mark the "22nd Annual National Night Out (NNO) - a crime and safety event sponsored by the National Association of Town Watch (NATW)."

In the White House, President George Bush said, "For two decades, Americans across our country have joined forces with local law enforcement on the first Tuesday in August to promote police-community partnerships and help create safe and vibrant neighborhoods. By coming together as neighbors, Americans can assist law enforcement in preventing crimes in our communities."

Starting at 5:00 p.m. (please note time change), DDSP residents are invited to a picnic at the Susquehanna Club. Lock those doors and come and join us! Attorney General John Ashcroft said, "National Night Out is a strong, annual showing of solidarity, community pride and civic responsibility. It is an excellent way for all Americans to join with friends and family to demonstrate that crime does not rule the night - and that criminals have no haven in the growing shadows."

This event is geared to bring housing members out to interact with each other and law enforcement. Our hope is that everyone will get to know each other and become comfortable in helping one another.

As part of the celebration we will have a Chili Cook-off, animals from Horse Rescue, rides in DDSP emergency vehicles, York's Temple Guard Drill Team, a karate demonstration, a "Twist Contest", blood pressure checks, finger printing and DNA sampling of children for parents safekeeping, canned food collection, rescue dog demonstrations, a bike rodeo and more. See you there!

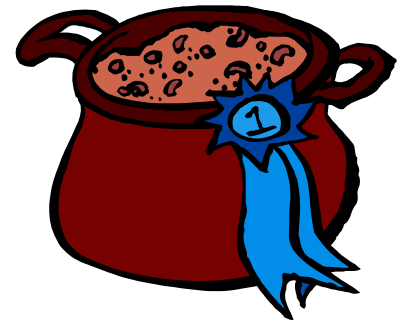
National Night Out Chili Cook-off

A: Chili will be judged on the following:

1. Chili must have a unique name (10%) - 1 to 10 points awarded.
2. Meat or vegetables, beans, spices, texture, and overall quality (90%) - 1 to 18 points awarded for each category.

B: Rules:

1. Teams may be one person or more. Chili must be cooked in a crock pot or other self-heating pan. (Electricity is provided at the Community Center.)
2. A minimum of 12 - 1 cup servings must be provided-although much more is appreciated (Remember, there will be a large hungry crowd).
3. Chili must be prepared at home and **delivered hot to the Susquehanna Club at 4:45 p.m.** (please note time change).
4. Presoaked beans okay.
5. Pre-mixed sauce okay.
6. Space limited to first 15 entries.
7. Teams must furnish listing of ingredients (not amounts) on a 3x5 card - in case of food allergies.
8. All recipes must be your own.
9. **Judging starts promptly at 5:10 p.m.** (please note time change)
10. Limit is 15 entries. Call 770-8938 to register. Registration closes on August 1st at 12:00 p.m.



Surprise! Surprise! At the Carp Derby

by Wayne DeWolf

It was a lazy, hot and sunny summer day. The fish were visible from the shore, but not many fish were hankerin' to bite a hook!

One family and a half dozen other fishermen were patiently waiting, waiting

The first fish measured in was from young angler Bobby Skinnell at 16". Later on in the day, Nicole Skinnell measured a smaller carp at 15¼"! At that time it looked as if the Skinnell family had the derby in the bag. Time was running out! Then it happened! Just before the end of the derby, Greg Shirilla, reeled in an 18" carp for the largest carp of the derby. The standing at the end of the derby was: Largest Carp (18") caught by Greg Shirilla. He received a pine plank and a gift certificate for Bass Pro Shop for \$25.00. The Smallest Fish prize went to a seasoned angler when it comes to derbies here at DDSP, Nicole Skinnell. She received a pine plank and a gift certificate for Bass Pro Shop for the amount of \$10.00. There were total of three carp and two largemouth bass caught during the derby. All other anglers young and old received a certificate of participation for fishing in the event.



Everyone had a great time in spite of the hot weather and lazy fish!

Back to School Night

August 17th
Community Center
5:30 p.m.



Meet West Shore School
District principals.

Ice Cream Social

4:30 p.m.

August 9
Cherry Lane

August 23
Village & Circle Drives



List of Baby Sitters Available through Child & Youth Development Services

Anita Miller, Training and Curriculum Specialist

The annual DDSP Babysitting Course was held on July 19 – 21, 2005 at Child and Youth Development Services (CYDS). Five students attended and completed the course. The three-day course included the following topics: Child /Infant CPR, First Aid, Fire, Safety, Business Practice, Child Growth and Development, Holding, Feeding, and Diapering an Infant and Activities For Children. Students received a certificate for course completion and may place their name on the CYDS Babysitting Referral List. Babysitting Referral Lists may be picked up at the CYDS Building 255 if you need a baby-sitter. Youth must be 12 years of age and have completed the Babysitting Course to be placed on the list.

August

Sunday	Monday	Tuesday	Wednesday
	1 Karate , Bldg 406, 6:00 p.m. - youth, 7:00 p.m. - adult	2 Adult Swim , Swimming Pool, 11:30 a.m. - 12:00 p.m. Aerobics , Bldg 406, 4:30 p.m. National Night Out , Susquehanna Club, 5:00 p.m. Rain date: 8/3/05	3 Rock n' Bowl , \$6.95/wk, 7:00 - 1
7	8 Karate , Bldg 406, 6:00 p.m. - youth, 7:00 p.m. - adult	9 Adult Swim , Swimming Pool, 11:30 a.m. - 12:00 p.m. Aerobics , Bldg 406, 4:30 p.m. Ice Cream Social , Cherry Lane residents, 4:30 p.m.	10 Education C Community Center 12:00 p.m., Call 2 appointment. Eldercare Works Cafe Annex, 11:00 Rock n' Bowl , Bo \$6.95/wk, 7:00 - 1
14	15 Karate , Bldg 406, 6:00 p.m. - youth, 7:00 p.m. - adult	16 Adult Swim , Swimming Pool, 11:30 a.m. - 12:00 p.m. Aerobics , Bldg 406, 4:30 p.m.	17 Rock n' Bowl Center, \$6.95/wk, p.m. Family Housing Night , Community p.m.
21	22 Karate , Bldg 406, 6:00 p.m. - youth, 7:00 p.m. - adult	23 Transition Assistance Workshop , Bldg 315, 9:00 a.m. Aerobics , Bldg 406, 4:30 p.m. Ice Cream Social , Village & Circle Drives, 4:30 p.m. Fall Bowling Leagues Meeting , Bowling Center, 6:30 p.m.	24 Transition A Workshop , Bldg 3 Rock n' Bowl , Bo \$6.95/wk, 7:00 - 1
28	29 Karate , Bldg 406, 6:00 p.m. - youth, 7:00 p.m. - adult	30 Aerobics , Bldg 406, 4:30 p.m.	Every Wednesday: TRICARE Rep. , DD 8:30 a.m. - 5:00 p.m. Fri -call 245-3778 for On Wed, call 770-49

2005

Wednesday	Thursday	Friday	Saturday
Bowling Center, 10:00 p.m.	4 FAP ParentWorks Playgroup , Bldg 400, 9:30 a.m. Adult Swim , Swimming Pool, 11:30 a.m. - 12:00 p.m. Bumper Bowling , Bowling Center, \$4.00/child/wk, 1:00 - 3:00 p.m. Aerobics , Bldg 406, 4:30 p.m. Karate , Bldg 406, 6:00 p.m. youth, 7:00 p.m. adults	5 Bowling , Bowling Center, \$1.00 per game 5:00 - 9:00 p.m.	6 Atlantic City Bus Trip Karate , Bldg 406, 9:00 a.m. - 10:30 a.m.
Counselor , er, 9:00 a.m. 245-3934 for Shop , In-Flight 0 a.m. Bowling Center, 10:00 p.m.	11 FAP ParentWorks Playgroup , Bldg 400, 9:30 a.m. Adult Swim , Swimming Pool, 11:30 a.m. - 12:00 p.m. Bumper Bowling , Bowling Center, \$4.00/child/wk, 1:00 - 3:00 p.m. Aerobics , Bldg 406, 4:30 p.m. Karate , Bldg 406, 6:00 p.m. youth, 7:00 p.m. adults	12 Bowling , Bowling Center, \$1.00 per game 5:00 - 9:00 p.m.	13 Riverview Golf Course Tournament , 10 Man Shoot-Out, start time TBA Karate , Bldg 406, 9:00 a.m. - 10:30 a.m.
yl , Bowling 7:00 - 10:00 Back to School y Center, 5:30	18 DDSP Blood Drive , Bldg 2001, Rm 129, 9:00 a.m. - 1:00 p.m. FAP ParentWorks Playgroup , Bldg 400, 9:30 a.m. Adult Swim , Swimming Pool, 11:30 a.m. - 12:00 p.m. Bumper Bowling , Bowling Center, \$4.00/ child/wk, 1:00 - 3:00 p.m. Aerobics , Bldg 406, 4:30 p.m. Karate , Bldg 406, 6:00 p.m. youth, 7:00 p.m. adults	19 Bowling , Bowling Center, \$1.00 per game 5:00 - 9:00 p.m. Susquehanna Club Social , 4:00 - 6:00 p.m.	20 Karate , Bldg 406, 9:00 a.m. - 10:30 a.m.
ssistance 315, 9:00 a.m. Bowling Center, 10:00 p.m.	25 Transition Assistance Workshop , Bldg 315, 9:00 a.m. FAP ParentWorks Playgroup , Bldg 400, 9:30 a.m. Bumper Bowling , Bowling Center, \$4.00/child/wk, 1:00 - 3:00 p.m. Aerobics , Bldg 406, 4:30 p.m. Karate , Bldg 406, 6:00 p.m. youth, 7:00 p.m. adults	26 Bowling , Bowling Center, \$1.00 per game 5:00 - 9:00 p.m. Susquehanna Club Social , 4:00 - 6:00 p.m.	27 Riverview Golf Course Tournament , 4 Person Team, 2 Best Balls, 8:00 a.m. Karate , Bldg 406, 9:00 a.m. - 10:30 a.m.
SP Health Clinic , a. Mon, Tue, Thu & or appointment.. 941.	Pool open 12:00 - 7:00 Aug 1st - 21st. Pool closed Aug 22 thru Aug 26. Pool open 12:00 - 7:00 p.m. Aug 27 & 28. Pool closed Aug 29 thru Sep 2. Pool open Sep 3 & 4 12:00 - 7:00.		

Connection

Junior Golf Clinic

On July 12th thru 14th, the Riverview Golf Club held a Junior Golf Clinic. In attendance were 13 youth from the Installation Military and employee families.

The clinic included instruction in all phases of the golf game. Pre-shot fundamentals (i.e., grip, aim, stance); iron play and the short game, chipping and pitching were introduced to the young duffers. Throughout the three days, golf rules were questioned and correct answers were explained.

All in all, through the hot weather, they had a great time. They practiced their swing, participated in contests which kept everyone busy and excited about the game of golf. These junior golfers displayed a promising future in the game of golf.



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ParentWorks Playgroup

August 4, 11, 18, 25

Preschool children getting the best of you during the heat? Chill out at our ParentWorks play group every Thursday morning! The Playgroup meets in building 400 playroom at 9:30 a.m. We have cool activities for parents and preschool.



Massage Therapy Bldg 406

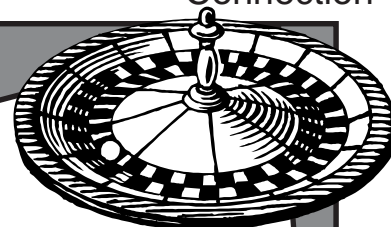
Massage is one of the oldest, simplest forms of therapy. It is a system of stroking, pressing and kneading different areas of the body to relieve pain, relax, stimulate, and tone the body. Massage does much more than create a pleasant sensation on the skin, it also works on the soft tissues (the muscles, tendons, and ligaments) to improve muscle tone. Massage largely affects muscles just under the skin. Its benefits may also reach the deeper layers of muscle and possibly even the organs themselves. Massage also stimulates blood circulation and assists the lymphatic system, improving the elimination of waste throughout the body.



Some Benefits Of Massage:

1. Relaxing.
2. Soothing.
3. Healing.
4. Reassuring.
5. Eases tension, stiffness, and pain.
6. Improves breathing.
7. Improves circulation.
8. Enhances well-being.

Morale, Welfare and Recreation Services have contracted with Diane Edic to bring massage therapy to you. Please call 770-6428 to schedule an appointment. Appointments are required. This service is available Monday, Wednesday and Friday.



Atlantic City



**Saturday
August 6, 2005**

**6:45 a.m.: Depart from Bldg.
2001 parking lot**

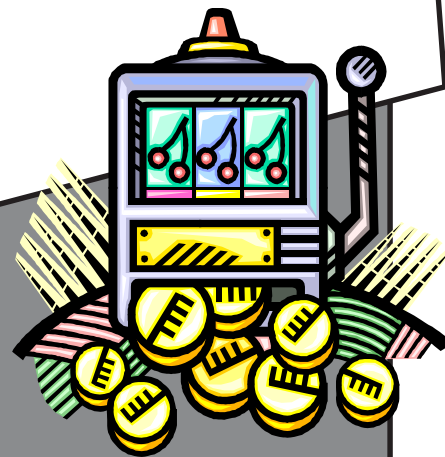
**10:30 a.m. Approximate arrival in
Atlantic City**

7:00 p.m. Depart Atlantic City

**10:30 p.m. Approximate arrival
time at depot.**

**For more information, please
contact Carlton Rochelle,
Mon - Fri
8:00 am. - 4:30 p.m..**

**To sign up call
(717) 770- 6428
Must be 21 yrs. & over**



Connection

Face-to-Face Counseling for Military

The Department of Defense, offers service members professional, private counseling as part of the Military OneSource program. The OneSource program provides service members and their families with information and referral services for education, medical, financial, deployment, return, and reunion issues. In July, the program was expanded to include face-to-face counseling services for service members and their families. Service members who want to take advantage of the service can call the OneSource telephone number to talk to an on-line consultant. The service can also be accessed by visiting local family support centers. If counseling is needed, a consultant will help the service member set up an appointment with a licensed civilian counselor in the local community. The service comes at no cost to service members and their families, and they are entitled to up to six counseling sessions per issue. Military OneSource is available anytime by phone in the United States at (800) 707-5784, or collect at (484) 530-5913.

DDSP Bowling Center Fall leagues now forming.



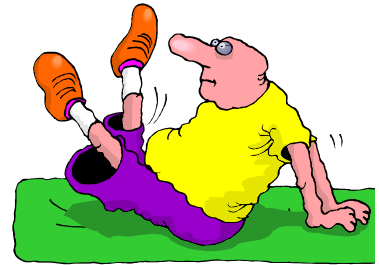
Tuesday Night Ladies League
will meet on August 23
at 6:30 p.m.

If you are interested in joining this league or forming any other leagues, please attend this meeting at the DDSP Bowling Center.

Call 770-4825 for more information.

**Looking to get fit?
No energy?
Hate your body?**

No matter what your condition, age or size, the Fitness Center's ***Personal Trainer*** can help you! Call Ron at 770-6428 to make your appointment!



Ice Cream Socials



Sponsored by
Housing & Family Advocacy Program

August 9

Cherry Lane
August 23

Village & Circle Drives

Meet your neighbors!

All socials are 4:30 - 6:00 p.m.

For more information, please
contact **Kasandra White**
at 770-8938.

Basket Bingo



Sunday October 16, 2005

Susquehanna Club

DDSP, New Cumberland, PA

Doors open at 11:30

Bingo begins at 1:00

20 games of Bingo - Plus Door Prizes

Raffles for:

Large Hamper Basket w/ Lid & Protector

Work-A-Round Basket w/ Protector

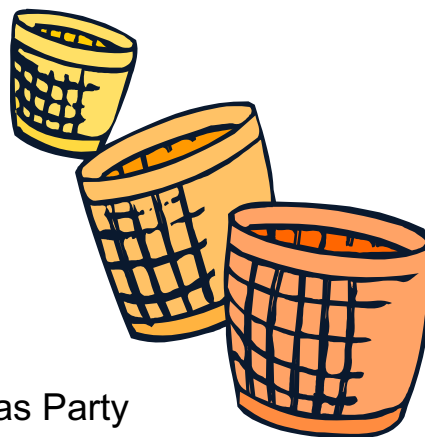
Lunch Box Basket w/ Insulated Tote Box

Tickets \$15.00 in Advance

\$18.00 at the Door

Food will be Available

**Call 770-6835 for tickets
and more information**



Proceeds benefit the Annual Children's Christmas Party
Not affiliated with Longaberger Basket Co.

Dust off your old cowboy hat and put it on!

We're rustlin' up a roarin' good time for

National Night Out

August 2 @ 5:00 p.m.

Susquehanna Club

All Susquehanna Club

members and

DDSP Housing occupants are invited!



**Working together for a
great *crime prevention*
night are:**

DDSP Installation
& Support Services
Health Clinic
Horse Rescue
York's Temple Guard Drill Team
Central PA Martial Arts Academy

Chili Cook-Off

Rides in Emergency Vehicles

Fingerprinting

Search & Rescue Dog Demonstrations

and more



Call 770-7251 for more information.